

# Postoperative Instructions After Full-Arch Dental Implant Placement

Congratulations on completing your implant surgery today! We are well aware of the anxiety most patients experience prior to the procedure. You are well on your way to rehabilitating your dentition in the most physiologically efficient manner. We want you to know that our office is available to answer any questions you may have at any time after the procedure.

There are a few specific instructions to follow during the next few weeks and months as your implants heal. The surgical assistants will review some of the more specific instructions applicable to you in our office prior to discharging you. The following is a summary of the most important information. If you have questions today or any time after the surgery, please call our office.

## What to expect in the first few weeks

Do not disturb the wound. On the day of surgery, avoid spitting, vigorous rinsing, and touching the wound. Keep the surgical site and the attached teeth clean. Brush the teeth gently, and rinse after eating. Do not disturb the surgical site, and do NOT use a WaterPik during the first few weeks following surgery until Doctor \_\_\_\_\_ instructs you that it is okay to do so.

## Pain

You should begin taking pain medication before you feel the local anesthetic wearing off. For moderate pain, ibuprofen (eg, Motrin or Advil) or acetaminophen (eg, Tylenol) is usually sufficient. If you are able to take these medications, one medication can be taken with food every 6 hours. If one medication is not enough, we recommend alternating the two medications, with each one taken every 6 hours. We normally recommend 600 mg ibuprofen (three over-the-counter pills) and 500 to 1,000 mg acetaminophen. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medications if you are allergic or have been instructed by your doctor not to take it. Do not exceed 4,000 mg acetaminophen in 24 hours, including any in combination with narcotic medications.

## Bleeding

Some bleeding or redness in the saliva is normal for 24 hours following the procedure. Excessive bleeding (if your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the wound for 30 minutes. If bleeding continues, please call our office for further instructions.

## Swelling/bruising

Swelling and bruising is a normal occurrence after surgery. To minimize swelling, apply an ice bag or a plastic bag or towel filled with ice on the cheek in the area of the surgery for the first 24 to 48 hours. Expect the swelling to get worse for the first 2 to 3 days before it improves. It is NORMAL for the swelling to be the worst 2 days after surgery. For upper jaw surgeries, swelling and bruising around the eyes is normal. The bruising may take several weeks to fully resolve and may spread down your face and neck and turn yellow before it completely resolves.

## If you have had a sinus surgery or zygoma implant surgery

Do not blow your nose until Doctor \_\_\_\_\_ informs you that you may do so. Typically, you should not blow your nose for about 4 weeks. Avoid straining and bending over. If you need to sneeze, do not try to hold it back, because that may increase the pressure in your sinus and affect the surgery. A small amount of blood may be found in your nose on the same side as the sinus surgery for the first few days. Do not be alarmed. Call the office if you have any concerns.

## Diet

Drink plenty of fluids. Avoid hot or spicy liquids and foods. Soft foods and liquids should be consumed on the day of surgery.

DO NOT CHEW until you have received your final teeth after the implant healing period. Typically, patients are kept on a soft diet for 3 months after lower jaw surgery or for 6 months after upper jaw surgery (or surgery in both jaws). This diet should consist

of no food harder than the consistency of well-cooked fish or overcooked pasta. Do not attempt to eat raw vegetables or fruits. Any meats should be well minced to allow you to eat them without chewing. If you have had zygoma implants placed, discuss your diet further with Doctor \_\_\_\_\_.

### **Antibiotics**

Be sure to take the prescribed antibiotics as directed to help prevent infection. This includes the preoperative dose prescribed to you.

### **Oral hygiene**

Good oral hygiene is essential for good healing. Be sure to brush your remaining teeth and the temporary teeth attached to your implants. Dip a cotton swab in the prescribed chlorhexidine mouth rinse (Peridex), and use it to rub the implant areas gently twice per day to keep them clean. Do this for the first week or until Doctor \_\_\_\_\_ tells you it's okay to stop. If you use an electric toothbrush, please do not use it during the 3 to 6 months of the implant healing period. Do not use a WaterPik device until instructed to do so.

### **Activity**

Keep physical activities to a minimum in the period immediately following your surgery. Exercising too early may lead to throbbing or bleeding. If this occurs, you should continue to postpone your exercise. Keep in mind that your nutritional intake may have decreased since your surgery. This may weaken you and further limit your ability to exercise. Normally, it is okay to resume exercise at about 1 week postoperatively.

### **Wearing your prosthesis**

Partial dentures, flippers, or full dentures other than what is attached to your implants may be used immediately after the surgery or you may be asked not to use them for a short period of time. This was likely discussed in the preoperative consultation. Doctor \_\_\_\_\_ will specifically discuss the use of your temporary prosthesis with you.

\*\*\*If the teeth connected to your implants feel AT ALL loose during either the healing phase or once you are in your final prosthesis, contact our office IMMEDIATELY. If your temporary prosthesis breaks, contact our office IMMEDIATELY. It is essential that everything remains tight and intact to ensure proper healing and to prolong the life of your implants and new teeth.\*\*\*